Catler®

800 SERIES
PREMIUM GRADE TOOLS

Professional Mixer

Instructions
for use

KM 8010

PROFESSIONAL MIXER

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Congratulations

on the purchase of your new Professional Mixer KM 8010.

CATLER RECOMMENDS SAFETY FIRST

We at Catler are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

IMPORTANT SAFEGUARDS FOR YOUR PROFESSIONAL MIXER KM 8010

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with this appliance.
- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the appliance for the first time.
- Do not place the Professional Mixer near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Use only the accessories supplied with the Professional Mixer.
- Never operate the mixer whilst the mixer head is in the raised position.
- Ensure the speed Control Dial is in the '0 – Stand By' position and the mixer is switched off and unplugged from the power outlet before attaching the beater, dough hook or whisk.
- Do not operate the appliance continuously on heavy loads for more than 3 minutes. None of the recipes in this book are considered a heavy load.
- Handle the mixer and attachments with care. Never place your fingers inside the mixing bowl or near the beater, dough hook or whisk during operation.
- Keep hands, hair, clothing, as well as, spatulas and other utensils away from moving beater, dough hook or whisk during operation.
- Should an object such as a spoon or spatula fall into the bowl while mixing, immediately ensure the speed Control Dial is in the '0 – Stand By' position, turn the Professional Mixer off, unplug at the power outlet and remove the object.
- Do not place hands in the mixing bowl unless the appliance is disconnected from the power outlet.
- Ensure the speed Control Dial is in the '0 – Stand By' position, the mixer is switched off and unplugged from the power outlet before removing the beater, dough hook or whisk.
- Always remove the beater, dough hook or whisk from the mixer before cleaning.
- Ensure the Mixer motor head is locked into the horizontal (closed) position when not in use and before storing.
- Always ensure the speed control dial is in the '0 – Stand By' position, the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when the mixer is not in use and before cleaning or storing.
- Do not use the mixer on metal surfaces, for example a sink drain board.
- To protect against electric shock do not immerse cord, plug or mixer in water or any other liquid.
- Do not leave the mixer unattended when in use.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- It is recommended to regularly inspect the appliance, supply cord and plug. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Catler Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Catler Service Centre.
- Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

WARNING:
ENSURE THE SPEED CONTROL DIAL IS IN THE '0 – STAND BY' POSITION, THE MIXER IS SWITCHED OFF AT THE POWER OUTLET AND UNPLUGGED FROM THE POWER OUTLET BEFORE ATTACHING THE BEATER, WHISK OR DOUGH HOOK.
NEVER OPERATE THE MIXER WHILST THE MIXER HEAD IS IN THE RAISED OPEN POSITION.

KNOW YOUR PROFESSIONAL MIXER KM 8010

Mixer motor head
Powerful 500 watt motor for powerful and thorough mixing results

Wire whisk
For all whipping tasks

Large stainless steel mixing bowl
For mixing your ingredients

Die cast metal mixer stand
The heavy duty die cast metal stand keeps the Professional Mixer secure and stable during operation

Speed control dial with 6 speed settings
Variable speed for all mixing tasks

Tilt back hinge button
The Mixer motor head of the Professional Mixer tilts back and locks into position to allow easy removal of the mixing bowl and attachments

Bowl locking recess
The bowl locking recess allows the bowl to be securely locked into place for safety and stability when the Professional Mixer

Flat beater
For all mixing tasks

Dough hook
For kneading bread doughs

ASSEMBLING AND OPERATING OF YOUR PROFESSIONAL MIXER KM 8010

Before the first use

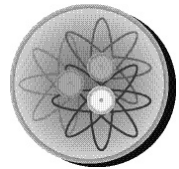
Before using your Professional Mixer for the first time, remove any packaging material and promotional labels. Ensure the speed control dial is in the '0 – Stand By' position, the mixer is switched off at the power outlet and the power cord is unplugged.

Remove the mixing bowl, beater, whisk and dough hook and wash in warm soapy water with a soft cloth. Rinse and dry thoroughly. The bowl and the attachments may be washed in the dishwasher.

NOTE
When first using your Professional Mixer, you may notice an odour coming from the motor. This is normal and will dissipate with use.

Role of the Planetary Mixing Action

The Professional's mixer head rotates around the bowl whilst rotating the beater in the opposite direction. This ensures a superior and thorough mixing result without the need for a rotating bowl.



Attaching the bowl

1. Place the Mixer stand on a level, dry surface such as a bench top. The Mixer motor head should be in the horizontal (closed) position.
2. Raise the Mixer motor head by depressing the tilt back hinge button, then lift the Mixer motor head up until it tilts back and locks into the open position.

3. Insert the mixing bowl into the bowl locking recess of the mixer stand and turn clockwise until the bowl locks securely into place.

NOTE
To remove or insert the mixing bowl, the Mixer motor head must be raised and locked into the open position.

Attaching the Beater, Dough Hook or Whisk

4. Ensure the Mixer motor head is in the raised open position. Align the groove in the top of the beater, dough hook or whisk with the locking pin on the spindle extending down from the Mixer motor head.

5. Press the beater, dough hook or whisk upwards and turn clockwise until it locks securely onto the locking pin on the spindle.

6. Lower the Mixer motor head by depressing the tilt back hinge button and pushing the Mixer motor head down until it locks into the horizontal (closed) position.

Operating the Mixer

7. Ensure the speed control dial is set to the '0 – Stand By' position, plug the cord into a 230 V power outlet. Now the Mixer is ready to use.

8. Add ingredients to the mixing bowl as indicated in the recipe.

9. Always begin mixing by selecting a low speed setting on the speed control dial. This will prevent ingredients splattering. Increase the speed as suited to the mixing task. The speed setting can be adjusted during operation by moving the dial forward and back. Use the mixing guide as a reference.

10. If it is necessary to scrape any food mixture down the sides of the mixing bowl, turn the speed control dial to the '0 – Stand By', switch the appliance off at the power outlet and unplug the cord. Using a spatula, a spoon or plastic spatula scrape the food mixture.

11. When mixing is complete, turn the speed control dial to the '0 – Stand By' position, switch the appliance off at the power outlet and unplug the cord.

12. Raise the Mixer motor head by depressing the tilt back button and lift the Mixer motor head up until it tilts back and locks into the open position.

13. Remove the beater/dough hook/whisk by holding the Mixer motor head and pressing the attachment upwards on the spindle. Turn the attachment anticlockwise to release it from the pin on the spindle. Use a soft plastic spatula to remove mixture from the beater, dough hook or whisk

NOTE
When lowering or lifting the mixer, always support the motor head with your other hand to prevent from free-falling.

14. Remove the mixing bowl from the indented bowl locking recess of the Mixer stand and turn anticlockwise until the bowl releases. Use a soft plastic spatula to remove mixture from the mixing bowl.

15. Lower the Mixer motor head by depressing the tilt back hinge button and pushing the Mixer motor head down until it locks into the horizontal (closed) position.

WARNING:
AVOID CONTACT WITH BEATER/DOUGH HOOK/WHISK DURING OPERATION. KEEP HANDS, HAIR, CLOTHING, SPATULAS AND OTHER UTENSILS AWAY FROM BEATER/DOUGH HOOK/ WHISK TO PREVENT PERSONAL INJURY OR DAMAGE TO THE MIXER.

Care and Cleaning

CARE AND CLEANING

Cleaning after use

1. Always ensure the speed control dial is in the '0 – Stand By' position, the mixer is switched off at the power outlet and the power cord is unplugged.

2. Remove the beater, dough hook or whisk and mixing bowl from the mixer. Follow instructions in 'Assembling and Operating Your Professional Mixer' on page 11, referring to steps 12 to 15.

3. Wipe the Mixer motor head and Mixer stand with a soft, damp cloth then dry thoroughly.

4. Wipe any excess food particles from the power cord.

5. Wash the bowl, beater, dough hook and whisk in warm soapy water with a soft cloth. Rinse and dry thoroughly. Beater, dough hook and whisk can be washed in the dishwasher.

NOTE:
Do not use abrasive scouring pads or cleaners when cleaning the mixing bowl, flat beater, dough hook or whisk as these may scratch the surface. The attachments are intended for short–term contact with food (including beverages), i.e. max. 4 hours.

NOTE:
Do not wash or immerse the Mixer motor head and Mixer stand in water or any other liquid. Clean with a soft, damp cloth and dry thoroughly. Do not allow water or any liquid to enter the gear system as damage may result.

Storage

Your Professional Mixer should be kept in a convenient position, for example on your kitchen bench top or in an accessible cupboard.

Always ensure the speed control dial is in the '0 – Stand By' position, the mixer is switched off at the power point and the power cord is unplugged.

Store the mixing bowl in the bowl locking recess in the Mixer stand.

Place the attachments inside the mixing bowl and lower the Mixer motor head into the horizontal (closed) position.

NOTE:
In no case separate the motor head from Mixer stand.

WARNING:

NEVER IMMERSE YOU PROFESSIONAL MIXER, POWER CORD OR PLUG INTO WATER OR ANY OTHER LIQUIDS.

MEASURING AND WEIGHING

Care should be taken when weighing and measuring ingredients to achieve accuracy and consistency.
Recipes in this instruction book have been developed according to the following metric.

Used measurements	ml
1 teaspoon	5
1 tablespoon	20
1 cup	250

Metric weighing scales

For consistent results it is recommended that a set of metric weighing scales is used to weigh larger quantities as they provide greater accuracy than measuring cups.

Tare (zero) the scales with the container in position then spoon or pour ingredients in until the desired weight is achieved.

NOTE:
In general, water weighs the same in grams as it measures in millilitres.

Metric measuring cups and spoon

If using graduated metric measuring cups, it is important to spoon the dry ingredients loosely into the required cup. Do not tap the cup on the bench or pack the ingredients into the cup unless otherwise directed. Level the top of the cup with a knife.

When using graduated metric measuring spoons, level the top of the spoon with a straight edged knife or spatula.

Metric liquid measuring jugs

If using a graduated, metric measuring jug, place jug on a flat surface and check for accuracy at eye level.

COOKING INFORMATION

The following oven temperature settings are included as a guide. These settings may need to be adjusted to suit the individual oven.

Thermostat setting/ Preheated oven	Electric °C	Gas °C	Gas Mark
Very slow	120	120	1
Slow	150	150	2
Moderately slow	170	160	3
Moderate	180	180	4
Moderately hot	200	190	5
Hot	220	200	6
Very hot	230	230	7

NOTE:
If using fan forced ovens be sure to turn the temperature down by 15–20°C.

HINTS AND TIPS

For better bread making

- Do check the ingredients and read the recipe before starting to bake.
- Do check use-by-dates on ingredients.
- Do measure ingredients accurately – weighed measurements are more accurate than volume measurements.
- Do use bread flour unless recipe states otherwise.
- Do add ingredients in the order stated in the recipe.
- Do store opened ingredients in airtight containers.
- Do use ingredients at room temperature.
- Do not use flour that contains a protein level of less than 11%.
- Do not use tableware cups, jugs or spoon for measuring.
- Do not use hot water or liquids unless recipe states otherwise.
- Do not use self-raising flour to make yeasted bread unless recipe states otherwise.
- If you live in a high altitude area (above 900m) you will probably need to alter the yeast quantity in the bread recipe. The higher the altitude, the lower the air pressure and the faster the dough will rise. Try reducing the yeast by ¼ teaspoon.
- If the weather is hot and humid, reduce the yeast by ¼ teaspoon to avoid over rising of the dough.
- Flour properties can alter on a seasonal or storage basis, so it may be necessary to adjust the water and flour ratio. If the dough is too sticky, add an extra 1–2 tablespoons flour, if the dough is too dry add an extra 1–2 teaspoons water. A few minutes is needed for these extra ingredients to be absorbed. Dough with the correct amount of flour and water should form into a smooth, round ball that is damp to the touch but not sticky.
- When hand-shaping dough for rolls, weigh each piece of dough for more evenly sized rolls.

Sponging yeast

- Instant active dried yeast is used in the recipes in this book however fresh or compressed yeast can be substituted, if required.
- Fresh or compressed yeast needs to be 'sponged' (fermentation started) before adding to the other ingredients.
- To substitute, use three times the amount of fresh or compressed yeast for the amount of dry yeast in a recipe.
- To sponge the yeast: Place the quantity of fresh compressed yeast in the quantity of (warmed) water from the recipe together with 1 teaspoon sugar and 1 teaspoon flour into a clean glass bowl, stir to dissolve and cover with plastic wrap. Allow to stand in a warm area (30ºC) for about 30 minutes or until the mixture starts to bubble and froth. This mixture should be used without delay.

Warm area for rising

- Yeast, either when sponging or in the dough, requires warmth to rise.
- To create a 'warm area' for dough to rise, place baking tray over a bowl of fairly warm water, place prepared dough item on baking tray, cover loosely with lightly greased thicker-style plastic wrap or a tea towel. Ensure kitchen is warm and free of draughts. Allow the dough to rise until doubled in size.

For better baking

- Check the ingredients and read the recipe before starting to bake.
- Weigh and measure ingredients correctly.
- Variations may occur in raw ingredients used so adjust other ingredients and baking times if required.
- Preheat oven before starting recipe preparation, this will ensure the correct temperature is achieved before baking starts.
- Temperatures and cooking times may vary with some ovens so adjust accordingly. If using a fan forced oven reduce the temperatures in the recipes by 15–20ºC.
- When using smaller quantities turn off the mixer from time to time and scrape the bowl with a spatula.
- Ensure wire whisk and mixing bowl are clean and free of fats when whipping egg whites as these will impede aeration.
- Instead of greasing baking pans or trays, line with baking paper where appropriate. However, a little light greasing in pans will keep the paper in place.
- Pre warm a measuring spoon in hot water for easy measuring of golden syrup or honey.
- Butter should be softened at room temperature to make creaming butter and sugar easier.
- Keep surfaces and ingredients chilled when making, handling or rolling out pastry. Butter for pastry making should be kept refrigerated.
- Avoid stretching pastry when rolling out as it will shrink when baking. Use light, even strokes in one direction and avoid pressing down hard on the rolling pin. Where possible, rest pastry in the refrigerator before baking.
- Eggs should be at room temperature to give better volume when whipping.
- Break eggs individually into another container before adding to other ingredients to avoid potential spoilage.
- Separate egg whites carefully to avoid inclusion of egg yolks. Egg yolks contain fat and will prevent successful whipping of egg whites.
- Rinse beaten egg residue from whisk, beater and mixing bowl or other utensils with cold water immediately after use. Using hot water will set the egg and make removal difficult.
- Test if cakes are cooked at the end of baking time by touching the top lightly, the cake will spring back if cooked. A fine skewer can also be inserted carefully into the centre of the cake, if it comes out clean the cake is cooked.
- For crisper results when baking biscuits, remove the baking trays from the oven and place directly onto wire racks. Move the biscuits slightly away from their baked position on the trays and cool completely before removing.

OTHER IMPORTANT INFORMATIONS

For bread making

Flour is the most important ingredient used for bread making. It provides food for the yeast and gives structure to the loaf. When mixed with liquid, the protein in the flour starts to form gluten. Gluten is a network of elastic strands that interlock to trap the gases produced by yeast. This process increases as the dough continues kneading and provides the structure required to produce the weight and shape of the baked bread.

White wheat flour, sold as baker's, bread or plain flour may be used. Plain flour is most readily available, however, best results are obtained with flour at least 11–12% protein content. For this reason, the recipes in this book requiring bread flour have been made with flour with 11% protein content. This is normally indicated on the packaging. Do not sift the flour or use self-raising flour for bread making unless indicated in the recipe.

NOTE.
When using a low-protein, plain, stone ground or wholemeal flour the quality of the bread can be improved by adding gluten flour.

Wholemeal wheat flour contains the bran, germ and flour of the wheat grain. Although breads baked with this type of flour will be higher in fibre, the loaf may be heavier in texture. Lighter textured bread can be achieved by replacing 1 cup of wholemeal flour with white bread flour.

Rye flour, popular for bread making, is low in protein so it is essential to combine rye flour with bread flour to make the bread rise successfully. Rye flour is traditionally used to make the heavy, dense Pumpernickel and Black Breads.

Gluten flour is made by extracting the gluten portion from the wheat grain. Adding gluten flour can improve the structure and quality of bread when using low-protein, plain, stone ground and whole meal flour.

Bread mixes contain flour, sugar, milk, salt, oil and other ingredients such as bread improves. Usually only the addition of water and yeast is required.

Bread improvers are available nationally in supermarkets and health food stores. The ingredients in a bread improver are usually a food acid such as ascorbic acid (Vitamin C) and other enzymes (amylases) extracted from wheat flours. Adding a bread improver will help strengthen the dough resulting in a loaf that is higher in volume, softer in texture, more stable and has improved keeping qualities.

Sugar provides sweetness and flavour, browns the crust and produces food for the yeast. White sugar, brown sugar, honey and golden syrup are all suitable to use. When using honey or golden syrup it must be counted as additional liquid.

Powdered milk and milk products enhance the flavour and increase the nutritional value of bread. Powdered milk is convenient and easy to use (store in an airtight container in the refrigerator). Low fat or skim milk powder can be used with good results. Soy milk powder can also be used but produces a denser loaf. Fresh milk should not be substituted unless stated in the recipe.

Salt is an important ingredient in bread making. In the dough, salt increases water absorption, improves kneading, strengthens the gluten development and controls fermentation of the yeast which results in improved loaf shape, crumb structure, crust colour, flavour and keeping qualities. As salt inhibits the rising of bread be accurate when measuring.

Fat adds flavour and retains the moisture. Vegetable oils such as safflower, sunflower, canola, etc. can be used. Butter or margarine can be substituted for oil in recipes but may give a yellow coloured crumb.

Yeast is used as the raising agent for the breads and requires liquid, sugar and warmth to grow and rise. Dried yeast has been used in the recipes in this instruction book where appropriate. Before using dried yeast always check the use by date, as stale yeast will prevent the bread from rising.

Smaller packets of bread mix usually contain sachets of yeast. Larger bulk bags of bread mix usually do not include the yeast sachets, however the corresponding brand of yeast may be purchased separately. Some bulk and imported yeasts are more active, therefore it is recommended to use less of these yeasts. Yeast may also be more active in hot weather.

Rapid rise yeast is a mixture of yeast and bread improver. Brands will vary in strength. If wishing to substitute for yeast in a recipe, omit the bread improver. Rapid Rise yeasts should not be used with Bread Mix as bread improver is already included.

Water from the tap is used in all bread recipes. If using water in cold climates or from the refrigerator, allow water to come to room temperature. Extremes of hot or cold water will prevent the yeast activating.

Eggs can be used in some bread recipes and provide liquid, aid rising and increase the nutritional value of the bread. They add flavour and softness to the crumb and are usually used in sweeter types of bread.

Other ingredients, such as fruit, nuts, chocolate chips, etc., required to remain whole in the baked bread, should be suspended in the dough. These ingredients should be gradually added during the kneading and before the dough rises for the first time.

For cake and pastry making

Flour, such as plain, self raising and wholemeal, used for cake and pastry making should be lower in protein (gluten) than flour used for bread making.

Plain flour has a lower protein (gluten) content and gives baked products, such as cakes, muffins, pastries, scones and pancakes, a softer texture.

Self–raising flour is a blend of plain flour and raising agents such as baking powder. Self raising flour can be used in recipes to replace plain flour and baking powder. To make 1 cup self-raising flour sift together 1 cup (150g) plain flour and 2 teaspoons baking powder.

Wholemeal flour contains more parts of the whole wheat grain – flour, bran and wheat germ – and can be used in muffins, breads and pie cases but will have a denser texture.

Corn flour is made from maize (corn) and is used in some baked products to give a finer texture and can also be used as a starch to thicken sauces and desserts.

Rice flour is derived from rice and is used to give a finer texture in baked products such as shortbread biscuits.

Baking powder is used as a raising agent in baking.

Bicarbonate of soda also known as baking soda is an ingredient in baking powder and can be used as an additional raising agent or to darken some baked products.

Butter will give particular flavour and soft texture to baked products. Margarine can replace butter to give a similar result. Oil can be used in some baking to replace butter but will give texture and flavour differences - use only ¾ of the amount of butter.

Eggs should be at room temperature to give better volume when making cakes and sponges. Standard eggs are used in the recipes.

Milk should be full cream unless specified. Light, low fat or skim milk can be used but will give texture and flavour differences.

Sugar – white crystal sugar – is used to give flavour, texture and colour to baked products. Caster sugar is often used in baking as it is easier to dissolve when creaming butter and sugar. Brown sugar is also easy to dissolve and can be used to give a different flavour and texture. The large crystals of raw sugar are slower to dissolve and can be suitable for baked products such as muffins.

Mixing guide

Speed setting		Mixing task	For
1		kneading/folding	Bread doughs
2		light mixing	Puddings, icings, muffins
3–4		beating/creaming	Cream cheese, heavy batters
5–6		whipping/aerating	Cream, egg white/meringues marshmallow

Mixing tips

Issue	Tip
Choice of attachment	Use the beater for all mixing tasks. Use the whisk for all whipping or aeration tasks. Use dough hook only for kneading bread doughs.
Speed setting	Use the mixing guide to select a suitable mixing speed when preparing recipes. Begin mixing at lowest speed then increase to higher speed to prevent splattering.
Mixing	Mix for the recommended time in the recipe – avoid over mixing. Should an object such as a spoon or spatula fall into the bowl while mixing, immediately turn the Professional Mixer off, unplug at the power outlet and remove the object.
Egg white	Be sure the whisk and bowl are completely clean and dry before use – a small amount of fat or egg yolk will affect whipping performance.
Bread dough	Add liquid ingredients to the dry ingredients. Use speed 1 to knead ingredients into a dough ball. DO NOT place hands near dough hook when mixer is operating.

Recipes

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CRUNCHY BISCUITS

BUTTER BISCUITS

MAKES 40

125g butter, softened
¾ cup caster sugar
1 teaspoon vanilla essence
1 egg
2 cups (300g) plain flour
1 teaspoon baking powder

1. Assemble Mixer using flat beater.
2. Using speed 5, cream butter until soft, add sugar, vanilla essence and egg, cream until light and fluffy.
3. Sift flour and baking powder together.
4. Reduce mixer to speed 2, gradually add sifted ingredients into the creamed mixture until just combined. Do not over mix.
5. Roll heaped teaspoons of biscuit mixture into balls and place evenly on a lightly greased baking tray. Allow space for spreading. Flatten balls slightly with a lightly floured fork.
6. Bake in a preheated 190ºC oven for 12–15 minutes or until cooked and pale golden.
7. Remove biscuits from tray and cool on a wire rack.

NOTE:
When using smaller quantities turn off the Mixer from time to time and scrape the bowl with a spatula.

Variations

CHOCOLATE BISCUITS

1× butter biscuits mixture
2 tablespoon cocoa

Step 3: Sift flour, baking powder and cocoa together.

ORANGE BISCUITS

1× butter biscuits mixture

1 tablespoon finely grated orange rind

Step 2: Omit vanilla essence, add sugar, orange rind and egg, cream until light and fluffy.

LEMON BISCUITS

1× butter biscuits mixture

3 tablespoons finaly grated lemon rind

Step 2: Omit vanilla essence, add sugar, orange rind and egg, cream until light and fluffy.

MACAROONS

MAKES 60

4 egg whites
1½ cups caster sugar
1 teaspoon coconut essence
2 teaspoons finely grated lemon rind
3 tablespoons corn flour, sifted
4 cups desiccated coconut
Extra desiccated coconut, for sprinkling
Melted chocolate, optional

1. Assemble Mixer using wire whisk.
2. Using speed 6, beat the egg whites until firm peaks form. Gradually add the sugar, beating constantly, until the mixture is thick and glossy and the sugar is dissolved. Add the essence and rind, beat until just combined.
3. Remove wire whisk and assemble Mixer using flat beater.
4. Using speed 1, add corn flour and coconut and mix until just combined.
5. Place tablespoons of mixture onto lightly greased baking trays. Allow 3cm spaces for spreading. Sprinkle with extra coconut if desired.
6. Bake in a preheated 160ºC oven for 15–20 minutes or until set and lightly golden.
7. Remove macaroons from tray and cool on a wire rack.

Decorate macaroons with a fine drizzle of melted chocolate if desired.

CHEDDAR CHEESE BISCUITS

MAKES 30

150g butter, softened
1 cup finely grated Cheddar cheese
¼ cup finely grated Parmesan cheese
1 ¼ cups plain flour, sifted
Extra flour, for kneading
Extra Parmesan cheese, for sprinkling
Sweet paprika, for sprinkling

1. Assemble Mixer using flat beater.
2. Using speed 5, cream butter until light and fluffy.
3. Reduce to speed 1, stir in cheeses, increase to speed 3 and mix until just combined.
4. Reduce to speed 1 again, fold in flour, mix to combine.
5. Turn out mixture onto a lightly floured board and knead lightly to form a round dough ball.
6. Roll out dough to 5mm thickness. Cut into rounds using a sharp 4cm round biscuit cutter.
7. Place biscuit rounds onto lightly greased baking trays, sprinkle with extra Parmesan cheese and lightly dust with sweet paprika if desired. Allow 3 cm spaces for spreading.
8. Bake in a preheated 180ºC oven for 10–15 minutes or until cooked and golden.

Cool biscuits on trays for 5 minutes before transferring to wire rack.

NOTE:
Cheddar cheese and Parmesan cheese can be replaced by other types of hard cheese (for example Eidam, Gouda etc.).

HOME–MADE BREAD

BASIC WHITE BREAD

4 cups (600g) bread flour
3 tablespoons milk powder
1½ teaspoons salt
1½ tablespoons sugar
1 teaspoon bread improver
2 teaspoons instant yeast
2 tablespoons oil
1½ cups (375ml) water
Extra bread flour, for kneading

1. Assemble Mixer using dough hook.
2. Place flour, milk powder, salt, sugar, bread improver and yeast into mixing bowl.
3. Using speed 1–2, slowly add the oil then the water to the dry ingredients. Mix for 1 minute until a dough ball starts to form.
4. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.

NOTE:
The dough should be well kneaded at this stage to develop the gluten that provides the elasticity to the dough and enables it to rise.

5. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
6. Remove the risen dough from the bowl and knead again on a lightly floured surface.
7. Shape dough into a roll shape to fit a large bread tin or divide into two to fit two smaller bread tins.
8. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 30–40 minutes or until well risen. Remove plastic wrap.
9. Brush top of dough with egg glaze if required and bake in a preheated oven at 200°C for 40–50 minutes or until cooked and golden brown.
10. Remove from pan and cool on wire rack.

EGG GLAZE

1 egg, lightly beaten
2–3 tablespoons water

1. Combine ingredients until smooth. Do not whisk. Strain through a sieve if required. Brush glaze over dough.

HERB, CHEESE AND GARLIC MONKEY BREAD

1 quantity Basic White Bread dough
2 cloves garlic, finely chopped
1 tablespoon finely chopped fresh mixed herbs (example: rosemary, basil, sage, thyme)
½ cup finely grated Parmesan or Cheddar cheese
¼ cup melted butter

1. Follow steps 1–3 of the Basic white bread recipe. As dough starts to form, add garlic and mixed herbs.
2. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.

NOTE:
The dough should be well kneaded at this stage to develop the gluten that provides the elasticity to the dough and enables it to rise.

3. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
4. Remove the risen dough from the bowl and knead again on a lightly floured surface.
5. Divide dough in 3cm round balls. Brush dough balls with melted butter and layer into a large, lightly greased tube or angel food pan, or 2 smaller ring pans.
6. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 30–40 minutes or until dough has risen to top of pan. Remove plastic wrap.
7. Bake in a preheated oven at 200ºC for 40–50 minutes or until cooked and golden brown. Allow to stand in pan for 10–15 minutes to ensure the monkey bread holds its shape when turned out. Serve warm.

MIXED SEED BREAD

2 cups (300g) bread flour
2 cups (300g) wholemeal flour
2 tablespoons milk powder
2 teaspoons salt
3 tablespoons sugar
1 teaspoon bread improver
2 teaspoons instant yeast
2 tablespoons oil
1¾ cups (440ml) water
2 tablespoons cracked wheat (burghul)
2 tablespoons sunflower seeds
2 tablespoons poppy seeds
2 tablespoons linseeds
Extra bread flour, for kneading
Extra seeds, for top of bread

1. Assemble Mixer using dough hook.
2. Place flours, milk powder, salt, sugar, bread improver and yeast into mixing bowl.
3. Using speed 1–2, slowly add the oil then the water to the dry ingredients. Mix for 30 seconds until a dough ball starts to form, add cracked wheat and seeds, mix for another 30 seconds.
4. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.

NOTE:
The dough should be well kneaded at this stage to develop the gluten that provides the elasticity to the dough and enables it to rise.

5. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
6. Remove the risen dough from the bowl and knead again on a lightly floured surface.
7. Shape dough into a roll shape to fit a large bread tin or divide into two to fit two smaller bread tins.
8. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 40–50 minutes or until well risen. Remove plastic wrap.
9. Brush top of dough with Egg glaze (recipe page R5) and sprinkle with extra seeds if required and bake in a preheated oven at 200ºC for 40–50 minutes or until cooked and golden brown.
10. Remove from pan and cool on wire rack.

FOCACCIA

MAKES 2–4 portions

3 cups (450g) bread flour
1 teaspoon salt
2 teaspoons sugar
2 teaspoons instant yeast
2 tablespoons olive oil
1 cup (250ml) water

Topping:
2 tablespoons olive oil
1 tablespoon rock salt
2 tablespoons black olives, sliced

1. Assemble Mixer using dough hook.
2. Place flour, salt, sugar and yeast into the mixing bowl.
3. Using speed 1–2, slowly add the oil then the water to the dry ingredients. Mix for 1 minute until a dough ball starts to form.
4. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.
5. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
6. Remove the risen dough from the bowl and knead again on a lightly floured surface.
7. Press the dough into a lightly greased 20cm x 30cm lamington pan.
8. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 20–30 minutes or until doubled in size.
9. Remove plastic wrap, brush dough with olive oil and sprinkle with rock salt and olives.
10. Bake in a preheated oven at 200ºC for 30–35 minutes or until cooked and golden brown.
11. Remove from pan and cool on wire rack.

MORNING PICK–UPS

FRENCH HEN'S EGG FRUIT TOAST

MAKES 4–6 portions

4 eggs
¾ cup milk
¼ cup caster sugar
1½ teaspoons cinnamon
1½ tablespoons butter
6 thick slices fruit bread
Icing sugar, to serve

1. Assemble Mixer using wire whisk.
2. Using speed 1–2, mix eggs, milk, caster sugar and cinnamon until well combined.
3. Melt a little of the butter in a non-stick fry pan over medium heat.
4. Dip a slice of fruit bread into the egg mixture to coat both sides then place into the fry pan.
5. Cook for 1 minute on each side or until crisp and golden. Repeat with remaining batter, butter and fruit bread.

Serve hot, lightly dusted with icing sugar.

CRUMPETS

MAKES 8

¾ cup warm milk
¾ cup warm water
2 teaspoons sugar
1 teaspoon dried yeast
2 cups (300g) plain flour
1 tablespoon baking powder
½ teaspoon salt

1. Assemble Mixer using wire whisk.
2. Using speed 1, mix milk, water, sugar and yeast in the mixing bowl until well combined and smooth.
3. Sift flour, baking powder and salt together.
4. Using speed 2, gradually add sifted ingredients to milk mixture, beat until smooth.
5. Lightly grease 4 egg rings and place them into a lightly greased and preheated fry pan.
6. Pour batter into prepared egg rings – sufficient to fill to ¾ full.
7. Cook crumpets on high heat setting for 3 minutes or until golden brown.
8. Carefully turn the crumpet and fry from the other side.
9. Remove crumpets and keep warm. Repeat with remaining batter.

SOUFFLE FRENCH OMELETTE WITH HAM AND HERBED CHEESE

MAKES 4–6 portions

2 tablespoons butter
150g thinly sliced ham
3 tablespoons finely snipped chives
2 tablespoons finely chopped parsley
6 eggs, separated
¼ cup milk
2 teaspoons French mustard
¼ teaspoon salt
¾ cup grated tasty cheese

1. Melt butter in fry pan over medium heat, add ham and herbs and sauté for 2 minutes. Remove and set aside.
2. Assemble Mixer using wire whisk.
3. Beat egg whites on speed 5 until soft peaks form. Remove and set aside.
4. Beat egg yolks, milk, mustard and salt on speed 2 until well combined.
5. Fold whipped egg whites through egg yolk mixture.
6. Pour egg mixture evenly into fry pan over medium heat and cook until omelette puffs and base is set and golden brown.
7. Sprinkle sautéed ham and herb mixture evenly with the cheese over half the omelette. Fold the unfilled half of the omelette over the filling.
8. Cut into 6 large slices and serve hot.

SWEET CORN AND BACON FRITTERS

MAKES 6 PORTIONS

2 eggs
440g can creamed corn
1 teaspoon salt
Freshly ground black pepper
2 cups (300g) plain flour
2 teaspoons baking powder
2 tablespoons oil

1. Assemble Mixer using flat beater.
2. Using speed 1, beat eggs, add creamed corn until just combined, add salt and pepper if desired.
3. Sift flour and baking powder together.
4. Using speed 2, slowly add sifted ingredients to egg mixture, mix until combined.
5. Heat oil in fry pan over medium heat. Place tablespoonful of corn mixture into hot pan. Cook until golden, turn over and cook on the other side.
6. Remove and drain on absorbent paper towel. Repeat with remaining mixture.

CAKES AND SPONGES

VANILLA BUTTER CAKE

125g butter, softened
¾ cup caster sugar
1 teaspoon vanilla essence
2 eggs
2 cups (300g) self raising flour, sifted
¾ cup milk

1. Assemble Mixer using flat beater.
2. Using speed 5, beat butter and sugar until light and fluffy.
3. Add vanilla essence, add eggs one at a time, beat well after each addition.
4. Using speed 2, slowly add flour and milk alternately, to form a smooth batter.
5. Divide mixture evenly into two lightly greased and lined round cake pans or one deep 22cm round cake pan.
6. Bake in a preheated 180ºC oven for 45–50 minutes or until cooked and golden. Turn out onto wire rack to cool.

When cool, cover cake with Vienna cream frosting (recipe page R13) if desired or lightly dust with sifted icing sugar.

Variations:

COCONUT CAKE

1 quantity Vanilla Butter Cake mixture
½ cup desiccated coconut
1 quantity Vienna cream frosting
Extra desiccated coconut, for sprinkling

Step 4: Using speed 2, slowly add flour, coconut and milk alternately, to form a smooth batter.

When cool, cover cake with Vienna cream frosting (recipe page R13) and sprinkle with extra coconut if desired.

COFFEE CAKE

1 quantity Vanilla Butter Cake mixture
2 teaspoons instant coffee granules, dissolved in 1 tablespoon boiling water

Step 3: Omit vanilla essence, add dissolved coffee, add eggs one at a time, beat well after each addition. When cool, cover cake with Coffee icing (recipe Page R13) if desired.

SULTANA OR CHERRY CAKE

1 quantity Vanilla Butter Cake mixture
¾ cup sultanas or glace cherries

Step 4: Using speed 2, slowly add flour and milk alternately, to form a smooth batter. Reduce to speed 1, fold in sultanas or cherries. Do not over mix.

MARBLE CAKE

1 quantity Vanilla Butter Cake mixture
1 tablespoon cocoa
2–3 drops red food colouring

Step 5: Divide mixture into three equal parts. Into one third stir the cocoa and to another third add 1–2 drops red food colouring to make a pink mixture. Spoon the three mixtures, in stripes, into lightly greased and base lined 20cm square cake pan. Use a knife to twirl the three mixture.

NEVER FAIL PLAIN SPONGE

4 eggs, separated
¼ cup caster sugar
1 cup (150g) self raising flour, sifted
3 tablespoons water

1. Assemble Mixer using wire whisk.
2. Using speed 6, beat egg whites until stiff peaks form. Continue beating and gradually add sugar until thick and glossy.
3. Add egg yolks and beat well.
4. Reduce to speed 1, fold in flour and water alternately. Mix to combine.
5. Divide mixture evenly between two lightly greased and base lined 20cm cake pans.
6. Bake in preheated 180ºC oven for 15 minutes or until cake springs back when touched and comes away slightly from side of pan.
7. Turn sponges out to cool on a wire rack covered with baking paper.

Spread top of one sponge cake with Chocolate praline cream (recipe page R13), place other sponge cake on top and lightly dust with icing sugar.

SWEET PASSION

BAKED PORTUGUESE TART

MAKES 4–6 portions

1 quantity Rough puff pastry (recipe page R15)
4 eggs
¼ cup caster sugar
1 tablespoon corn flour
1½ cups warm milk
1–2 tablespoons melted butter
1 tablespoon caster sugar, extra

1. Roll pastry to cover base and sides of 23cm ovenproof pie plate, allowing pastry to overlap edge slightly.
2. Blind bake the pastry base in a preheated oven 200ºC for 15 minutes or until light golden.
3. Assemble Mixer using wire whisk.
4. Using speed 3, beat the eggs and sugar until light and fluffy.
5. Blend corn flour into warm milk.
6. Reduce Mixer to speed 1, blend milk mixture with egg mixture.
7. Place pie plate onto an oven tray and pour custard into prepared pastry case. Brush pastry edge with melted butter and sprinkle edge lightly with caster sugar.
8. Bake in a preheated 250ºC oven for 10 minutes, reduce heat to 180ºC for 20 minutes or until custard is set. Serve warm.

PROFITEROLES

MAKES 20

1 quantity Choux pastry (recipe page R14)
1 quantity Chocolate praline cream (recipe page R13)
1 quantity Creamy chocolate glaze (recipe page R13)

1. Split choux pastry puffs almost in half, remove any soft centres.
2. Fill empty puff centres with chocolate praline cream and press to close.
3. Place puffs onto a wire rack and drizzle with creamy chocolate glaze.

Allow glaze to set before serving.

APRICOT CREAM MERINGUES

MAKES 20 – 24

4 egg whites
1 cup caster sugar
Apricot conserve, optional
Whipped cream, optional

1. Assemble Mixer using wire whisk.
2. Beat egg whites until just stiff, add half the sugar and beat well. Repeat with remaining sugar.
3. Pipe or spoon small amounts of meringue mixture onto a lightly greased baking tray. Allow 3cm space between.
4. Bake at 120ºC for 1 to 1½ hours or until the meringues are dry. Do not brown. Remove from trays and cool. Store in an airtight container.
5. Just before serving, spread a small amount of apricot conserve and whipped cream onto flat side of one meringue, then attach the flat side of another meringue.

Larger meringues can be made by piping or spooning larger amounts of mixture onto the baking trays and extending the baking time if required.

ICING AND CREAMS

VIENNA CREAM FROSTING

125g butter, chopped
1½ cups icing sugar
2–3 tablespoons milk

1. Assemble the Mixer using wire whisk.
2. Using speed 3, beat the butter until it lightens in colour.
3. Gradually add half the icing sugar, then the milk and remaining icing sugar, beat until light and fluffy.

SOFT CHOCOLATE ICING

2 tablespoons cocoa
½ cup boiling water
40g butter, melted
½ teaspoon vanilla essence
2½ cups icing sugar, sifted

1. Dissolve cocoa in the boiling water, stir in melted butter and vanilla essence.
2. Gradually add sifted icing sugar and stir until mixture is smooth and well combined.

CHOCOLATE PRALINE CREAM

600ml thickened cream
2× chocolate peanut confectionary bars (35 g/1 pc)

1. Assemble Mixer with wire whisk.
2. Using speed 5, beat cream until light and fluffy.
3. Place the confectionary bars in a plastic bag and crush with a rolling pin.
4. Using speed 3, gradually add the crushed mixture to the whipped cream

CREAMY CHOCOLATE GLAZE

200g dark chocolate, chopped
¾ cup thickened cream

1. Combine chocolate and cream in a small heatproof bowl, suspended over a small saucepan of simmering water, and stir until smooth.

BEST DOUGH RECIPES

RICH SHORTCRUST PASTRY

180g butter, chopped
2 ¼ cups plain flour
1 ½ teaspoons baking powder
¼ teaspoon salt
2 tablespoons lemon juice
1 egg yolk, lightly beaten
Extra flour, for kneading

1. Assemble Mixer using flat beater.
2. Using speed 3, cream butter until soft.
3. Reduce to speed 1, add flour, baking powder and salt, gradually add lemon juice and egg yolk to form a slightly crumbled dough.
4. Turn dough onto lightly flour dusted board and knead lightly to form a smooth ball. Wrap dough in plastic wrap and refrigerate for 20 minutes before using.

CHOUX PASTRY

60g butter, chopped
¼ teaspoon salt
1 ½ cups water
1 cup (150g) plain flour
3 eggs, lightly beaten

1. In a medium saucepan, melt butter, stir in salt and water and bring to the boil.
2. Stir in flour all at once, stirring continuously until dough forms and leaves the side of the saucepan.
3. Remove from heat and place dough in a large bowl. Spread the dough around the sides of the bowl to cool slightly.
4. Assemble Mixer using the flat beater.
5. Place the cooled dough into the mixing bowl.
6. Using speed 3, gradually add eggs, mixing until mixture is shiny and glossy.
7. Lightly grease oven trays and lightly sprinkle with water.
8. Place teaspoons of the mixture onto the trays, allow 3cm spaces between for spreading.
9. Bake in a preheated 250ºC oven for 15 minutes then reduce heat to 180ºC and cook until puffs are dry and crispy.

SWEET SHORTCRUST PASTRY

125g butter, chopped
2 tablespoons caster sugar
1 60g egg, separated
¼ cup custard powder
¼ cup corn flour
¾ cup (110g) plain flour
¾ cup (110g) self raising flour
2 tablespoons lemon juice
1 tablespoon iced water
Extra flour, for kneading

1. Assemble Mixer using flat beater.
2. Using speed 5, beat butter and sugar until light and fluffy, add egg and beat until well combined.
3. Using speed 1, add custard powder and flours and gradually add lemon juice and water until a soft dough is formed.
4. Turn dough onto lightly floured board and knead lightly to form a smooth ball. Wrap dough in plastic wrap and refrigerate for 20 minutes before using.

ROUGH PUFF PASTRY

100g butter, cut into 4 equal portions
1 egg yolk
½ teaspoon baking powder
1 cup (150g) plain flour
1 tablespoon lemon juice
2 tablespoons water
Extra flour, for kneading

1. Assemble Mixer using flat beater.
2. Using speed 5, beat 1⁄4 of the butter with egg yolk until light and fluffy.
3. Using speed 1, add baking powder and flour and beat until well combined. Gradually add lemon juice and water until a soft dough is formed.
4. Turn dough onto lightly floured board and knead lightly to form a smooth ball.
5. Roll out dough to form a small rectangle, spread with ¼ of the butter and dust with flour. Fold the dough three times lengthwise then refrigerate until firm.
6. Repeat steps 4 and 5 twice with dough and remaining butter.
7. Wrap dough in plastic wrap and refrigerate for 20 minutes before using.

WHOLEMEAL PASTRY

1 cup (150g) wholemeal plain flour
1 cup (150g) plain flour
150g butter, chopped
1 egg yolk
1 tablespoon lemon juice
1 tablespoon water

1. Assemble Mixer using flat beater.
2. Using speed 1, stir flours, add butter and egg yolk, mix to combine. Gradually add lemon juice and water until a soft dough is formed.
3. Turn dough onto lightly floured board and knead lightly to form a smooth ball. Wrap dough in plastic wrap and refrigerate for 20 minutes before using.

WHOLEMEAL DATE SCONES

MAKES 12

100g butter, chopped
2 tablespoons honey
1 ½ cups (225g) wholemeal self raising flour
1 ½ cups (225g) self raising flour
½ teaspoon mixed spice
1 teaspoon cinnamon
¾ – 1 cup milk
1 cup chopped dates
Extra flour, for kneading
Extra milk, for glazing

1. Assemble Mixer using flat beater.
2. Using speed 5, beat butter and honey until light and fluffy.
3. Sift flours and spices together.
4. Using speed 1, add sifted ingredients and sufficient milk alternately until a soft dough forms. Fold in fruit. Do not over mix.
5. Turn dough out onto a lightly floured board and knead lightly.
6. Roll or press scone dough out to desired thickness, cut into shapes with a scone cutter or knife. Place scone shapes close together on a lightly greased and flour dusted baking tray or lamington pan. Cut a small cross on top of scone shapes and brush with a little milk.
7. Bake in a preheated 220°C oven for 10–15 minutes or until cooked and golden brown.
8. Remove from tray or pan and cool slightly on a wire rack. Serve warm.

Dates can be substituted with other dried fruits such as sultanas, chopped raisins, apricots, figs, etc. if desired.

WHOLEMEAL BREAD AND ROLLS

MAKES 16–24

4 cups (600g) wholemeal plain flour
3 tablespoons milk powder
2 teaspoons salt
3 tablespoons sugar
1 teaspoon bread improver
2 teaspoons dried yeast
2 tablespoons olive oil
1⅔ cups (400ml) water
Extra bread flour, for kneading
Seeds (poppy, sesame, linseeds), optional

1. Assemble Mixer using dough hook.
2. Place flour, milk powder, salt, sugar, bread improver and yeast into mixing bowl.
3. Using speed 1–2, slowly add the oil then the water to the dry ingredients. Mix for 1 minute until a dough ball starts to form.
4. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.

NOTE:
The dough should be well kneaded at this stage to develop the gluten that provides the elasticity to the dough and enables it to rise.

5. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
6. Remove the risen dough from the bowl and knead again on a lightly floured surface.
7. For bread: shape dough into a roll shape to fit a large lightly greased bread tin or divide into two to fit two smaller bread tins.
   For bread rolls: divide dough evenly into 16–24 pieces, knead into balls and place close together on a lightly greased baking tray.
8. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 30–40 minutes or until well risen. Remove plastic wrap.
9. Brush top of dough with Egg glaze and sprinkle with seeds if required.
10. For bread: bake in a preheated oven at 200ºC for 40–50 minutes or until cooked and golden brown.
    For bread rolls: bake in a preheated oven at 180ºC for 15–20 minutes or until cooked and golden brown.
11. Remove from pan or trays and cool on wire rack.

FETA AND ROASTED MEDITERRANEAN VEGETABLE QUICHE

MAKES 4 – 6

1 small red capsicum, sliced
1 small yellow capsicum, sliced
1 small eggplant, cubed
2 zucchini, sliced
2 tablespoons olive oil
1 quantity wholemeal pastry
3 eggs
½ cup milk
Freshly ground black pepper and salt, if desired
1 cup feta cheese, cubed

1. Place vegetables into a baking dish lined with baking paper, drizzle with olive oil. Toss to coat.
2. Bake in a preheated 200ºC oven for 30 minutes or until tender.
3. Roll pastry to cover base and sides of 23cm ovenproof pie plate.
4. Blind bake the pastry base in a preheated oven 200ºC for 15 minutes or until light golden. Remove and cool slightly.
5. Assemble the mixer using the wire whisk.
6. Using speed 1, beat the eggs and milk to combine.
7. Place pie plate onto an oven tray. Layer roasted vegetables and feta cheese into prepared pastry case. Pour egg mixture over.
8. Bake in a preheated oven 250ºC oven for 10 minutes, reduce heat to 180ºC for 20 minutes or until filling is set. Serve hot.

WHOLESOME FRUIT MEDLEY SLICE

MAKES 20 – 24

200g butter, softened
½ cup caster sugar
1½ cups (225g) wholemeal self-raising flour
½ cup (75g) plain flour

Filling
200g dried Fruit Medley, finely chopped
1 tablespoon honey
¾ cup water

1. Assemble Mixer using flat beater.
2. Using Speed 5, beat butter and sugar until light and creamy.
3. Sift flours together and, using speed 1, gradually add to the creamed mixture to form a soft dough.
4. Press two-thirds of the mixture, evenly and firmly, into a 20cm x 30cm lamington pan lined with baking paper. Cover and refrigerate.
5. Combine fruit medley, honey and water in a small saucepan. Stir over medium heat until mixture boils. Reduce heat and simmer for 5 minutes or until liquid has evaporated. Remove from saucepan and cool.
6. Spread cooled fruit mixture over chilled pastry base. Crumble remaining pastry mixture and sprinkle over fruit filling.
7. Bake in a preheated 180°C oven for 20–25 minutes or until cooked and light golden.

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